

Lesson	1Day/2Day	Skills	Additional Activities
1	1Day Thur 14 Oct 2Day Wed 13 Oct	T1 Two dive rolls – back roll (3) Straight leg back roll (4-5) VR1 Lock Climb – instruction only Chin up Test	Course Administration Course Safety Briefing
2	1Day Tues 19 Oct 2Day Fri 15 Oct	HV Flank vault - not graded VR1 Squat Vault (all) Lock Climb – instruction and grade Ankles to bar test	Review Administration Issues Review Safety Issues
3	1Day Thur 21 Oct 2Day Wed 20 Oct	IOCT Instruction	3 stations Run IOCT at end of class
4	1Day Mon 25 Oct 2Day Fri 22 Oct	T2 Handstand VR2 Clinch & Lock Dips test	Run IOCT at end of class
5	1Day Wed 27 Oct 2Day Tues 26 Oct	IOCT Instruction	
6	1Day Fri 29 Oct 2Day Thur 28 Oct	EL Squat (must have 3 pts. on HV) HB1 Knee swing	Run IOCT at end of class
7	1Day Tues 2 Nov 2Day Mon 1 Nov	T3 Cartwheel VR3 Grapevine Climb	IOCT for Grade
8	1Day Thur 4 Nov 2Day Wed 3 Nov	HR 1 Head First – PU R1 Inverted Hang	<i>Horizontal Rope Safety Brief</i> 3 Instructors supervising HR IOCT for Grade
9	1Day Mon 8 Nov 2Day Fri 5 Nov	T4 Routine HR 2 Feet first-side swing Mid-Round Grade Calculations	IOCT for Grade Review Safety Issues Mid-Round Evaluations
10	1Day Wed 10 Nov 2Day Tues 9 Nov	Applied Movement Sequence Applied Balance Sequence	BDU's – LCE – Kevlar
11	1Day Mon 15 Nov 2Day Fri 12 Nov	Team Movement Challenge	BDU's – LCE – Kevlar
12	1Day Wed 17 Nov 2Day Tues 16 Nov	VR4 Hands only (all) T5 Round-off LH1 Straddle vault	
13	1Day Fri 19 Nov 2Day Thur 18 Nov	HR 3 Hands only (all) T6 Headstand-forearm stand T7 Handspring (instruction only)	
14	1Day Tues 23 Nov 2Day Mon 22 Nov	Tramp Safety Brief T7 Handspring (review & grade) TR 1 Seat drop	Tramp Safety Brief
15	1Day Mon 29 Nov 2Day Tues 30 Nov	TR2 Swivel hips R2 Leg cuts - Back Straddle	R2 Prerequisite: 3 pts on R1
16	1Day Wed 1 Dec 2Day Thur 2 Dec	TR3 Front drop HB2 Pull over – Hip circle	HB2 Prerequisite: 3 pts on HB1 Assisted Pull over = 2 pt max total 2 spotter minimum
17	1Day Fri 3 Dec 2Day Mon 6 Dec	TR4 Big Three LH 2 Squat vault	LH2 Prerequisite: 3 pts on LH1
18	1Day Tues 7 Dec 2Day Wed 8 Dec	TR5 Back Drop HB 3 Knee circle	HB3 Prerequisite: 3 pts on HB1
19	1Day Thur 9 Dec 2Day Fri 10 Dec	Practice and Testing NO Testing after “Cease Work” Final Grade Calculations	(Cadet Feedback forms - lesson 18 or 19)